



MWR COMMUNICATIONS UPDATE



www.mwr.navy.mil

July 2006 Vol. 2— Issue #1

SATISFACTION ASSESSMENTS

Customer satisfaction assessments for Child and Youth Programs, Visitors Quarters, MWR ITT, and FFSP's Transition Assistance Program will be deployed in August 2006.

In addition, Employee Satisfaction Assessments for Visitors Quarters, MWR, Child and Youth Programs, Galleys and FFSP will be deployed in September 2006.

The Customer and Employee Satisfaction Assessments will be used to produce action planning guides that directors will use to improve employee working conditions and elevate the quality of service to customers.

MWR Market Basket Surveys will be conducted at 10 CONUS fleet concentration areas in August 2006 to compare the cost of select Community Support Programs on base with similar programs in the private sector. The data gathered will be used to promote the value of CSP to Sailors and their families.

IDEA EXCHANGE

NSB Kings Bay *On the Horizon*

NCBC Gulfport *BeeTracks*

Access a copy of NMC Bethesda's
MWR Happenings Newsletter at
www.bethesda.med.navy.mil.

MWR IN THE NEWS

MWR employees were recognized for their
Top Job Performance at NAVSTA Great Lakes!

NAVY MWR FITNESS CAMPAIGN PLAN OF THE DAY NOTES

NAVY COMMUNITY SUPPORT PROGRAMS NAVY BALL REIMBURSEMENTS

Attached are the guidelines for the Navy Ball reimbursement program.

The amount of MWR NAF support authorized for 2006-2007 Navy Balls is limited to:

- (a) \$1,700 for an event with 250 or fewer attendees;
- (b) \$2,350 for an event with 251 – 500 attendees; and
- (c) \$3,000 for an event with more than 500 attendees.

NAVY COMMUNITY SUPPORT PROGRAMS PHOTO CONTEST

The CNIC Marketing and Multimedia Development Branch (N255) will sponsor three Navywide Community Support Programs photo contests, one each in August, September and October 2006. The winner of each month's contest will receive a \$1,000 NAF grant for their region. All photo contest entries must be submitted by the regions.

Participating regions will each be provided one 6 Mega-pixel Sony digital camera that they may retain for their marketing staff if all contest requirements are met. Contest rules and submission guidelines will be sent to the regions and posted on the MWR Web site.

Guidelines are attached. Contact Ruel Odom, (901) 874-4243/ DSN 882, for more information

NEWSLETTER CONTACT:

Robin Hillyer Miles, N2552
CNIC Millington Detachment
robin.hillyermiles@navy.mil
(901) 874-6625/DSN 882-6625

PHOTOGRAPHY TIP

Dividing your photo image into nine parts -- by visualizing two lines cutting the composition into equal thirds on both the vertical axis and horizontal axis -- sets you up to use the "Rule of Thirds." Then, all you have to do is place your subject on one of the places where the lines intersect. This is a simple and effective guideline for producing interesting, balanced compositions.

(Source: *The BetterPhoto Guide to Digital Photography*, by Jim Miotke)

ON THE HORIZON!

A GLANCE AT MWR'S UPCOMING EVENTS & ACTIVITIES

MORALE, WELFARE & RECREATION AT KINGS BAY

JULY 1, 2006

No. 08



If you are interested in dropping a comment to MWR for suggestions or concerns, or would like to be placed on our mailing list, please e-mail us at centerofexcellence@tds.net



Monday - Friday
thru August 1 at the Boys & Girls Club
8 a.m. - 5:30 p.m.

\$45 per child for Active Duty, Reservists & Retirees with a Family
Max \$150

\$50 per child for DoD Civilians & SUBASE Contractors
Ages 4 - 12

Age control date is August 1, 2006

Late Registration for Fall Youth Soccer will be
accepted after August 1 at Boys & Girls Club for
additional \$5, if openings available

All new players must bring a copy of their
birth certificate and proof of eligibility.

**Coaches
Needed!**

For more information contact



Youth Sports at

573-8202



surfacing at
Kings Bay
Summer '06

Look for more information about Finnegan's Irish Pub
throughout the base...signs, banners, flyers and great give-aways!

July Bowling Blasts at Rack-N-Roll Lanes

Summer Break Special for Kids

Kids 18 years and younger, get to bowl for
\$1.25 per game and \$1.25 for shoe rental,
Monday through Friday from 1 - 5 p.m.
through August 4. Lunch specials are offered
throughout the week.

Lunch Special at Rack-N-Roll Lanes

Every day enjoy a great Lunch Special Deal.
For only \$7.00 you can get two games of
bowling, shoe rental, a seven inch pizza or
hamburger and fries plus a fountain drink!

July Special at Rack -N-Roll Lanes

Bowl two games at regular price and receive a
regular hot dog and fountain drink free!
This offer is not available at discounted
bowling times!



Dollar Bowling

Thursdays from 5 p.m. until close you can
bowl for only \$1.00 per game and \$1.00 for
shoes. Additionally, you can receive 10% off in
the Pro-shop during this time frame.

Star-Spangled Handicap Scotch Doubles

Saturday, July 15 • Cost per couple is \$30
Each team bowls in Scotch Doubles Format;
one game regular bowling, 8-Pin No-Tap, 9-
Pin No-Tap, and Three, Six, Nine. Each bowler
will receive either a seven inch pizza & soda or
a regular hamburger, fries and soda. Awards
will be paid out one for every five entries. You
must have a verifiable book or league average
or you will bowl with scratch.

Handicap is 90% of 420.

573-9492

Service Excellence is our Operational Philosophy

MWR Internet address.....www.subasekb.navy.mil

QUALITY OF LIFE CUSTOMER SERVICE ACTION LINE...573-2114

or e-mail issues, customer service and comments to eddie.x.walker@navy.mil

MWR DIRECTOR 573-2538
AUTO SKILLS CENTER 573-9629
INFO/TICKETS/TRAVEL(ITT) 573-2289

BOYS & GIRLS CLUB 573-2380
YOUTH SPORTS 573-8202

OUTDOOR ADVENTURE CENTER 573-8103/1157
EAGLE HAMMOCK RV PARK 673-1161

KB CONFERENCE CENTER 573-4559
LIBERTY/SINGLE SAILOR & MARINES
PROGRAM INFORMATION 573-8328

RECYCLING CENTER 573-9475
VETERINARY CLINIC 573-0755

FITNESS COMPLEX BLDG. 1034
CUSTOMER SERVICE COUNTER 573-3990

YOUTH SERVICES

CDC INFANT/PRE-TODDLER 573-9653
CDC TODDLER DESK 573-3888
CDC ANNEX DESK 573-9918

RACK-N-ROLL LANES 573-9492
ROCKY COLLETTI
FOR DINE-IN OR PICK-UP 573-4029
TRIDENT LAKES GOLF CLUB 573-8475/8477

Navy Exchange Customer Service 882-6098

Monday - Wednesday, Friday 9 a.m. - 6 p.m., Thursday 9 a.m. - 7 p.m., Saturday 9 a.m. - 5 p.m. & Sunday 10 a.m. - 4 p.m.

Commissary Agency (DECA) 573-3310

Hours - Tuesday, Wednesday, Friday 9 a.m. - 6 p.m., Thursday 9 a.m. - 7 p.m., Saturday 9 a.m. - 5 p.m. & Sunday 10 a.m. - 5 p.m. Closed Monday

**Group Fitness Class Schedule
effective July 5, 2006**



MONDAYS

Spinning 0545 - 0630
Cardio Fat Burn 0630 - 0700
Lunch Crunch 1130 - 1200
Step 1200 - 1230
Step 1630 - 1730
Power Training 1800 - 1900

TUESDAYS

Stretch & Flex 1630 - 1730
Awesome Abs 1745 - 1815

THURSDAYS

Stretch & Flex 1630 - 1730
Awesome Abs 1745 - 1815

WEDNESDAYS

Spinning 0545 - 0630
Strictly Abs 0630 - 0700
Lunch Crunch 1130 - 1200
Step 1200 - 1230
Step 1630 - 1730
Power Training 1800 - 1900

FRIDAYS

Strictly Abs 0630 - 0700

**573-9574
or 3990**

COM M AND RESERVED CLASS

Tuesday, Thursday & Friday 0600 - 0800

ROCKY COLLETTI PIZZA

SPECIAL OF THE MONTH

Two 14" One-Topping Pizzas

ONLY \$12.00

**SAVINGS OVER \$7.00
OFFER GOOD THROUGH THE MONTH**

Beet Tracks

July 2006



Naval Construction Battalion Center, Gulfport

Summer Camp

Youth in the 5- to 7-year-old class break out in a dance during activity time.



Record enrollment, university partnership add excitement

This year Youth Activities Center at Naval Construction Battalion Center (NCBC), Gulfport is doing two innovative things with its summer-camp program.

For the first time, NCBC was authorized to expand its program to include family members from Stennis Space Center, the NASA-affiliated base located in neighboring Hancock County. Stennis has been without a camp program since 2004.

Because of the expanded eligibility pool, attendance at Gulfport's program increased more than 30 percent, up from a typical enrollment of 90 youth to a record enrollment of 120 camp members.

"This year our largest group is the 10 to 12 year olds, while usually the 5 to 7 year olds comprise the largest group," said Youth Director Kimberly Reid, adding that the center is using a modular unit to house the extra youth.

The second milestone is the youth center's partnership with Camp Adventure, a program sponsored by the University of Northern Iowa.

Through grant monies secured by Reid, Camp Adventure was able to provide a group of eight full-time employees to help organ-

ize and conduct Gulfport's camp at no cost to the Seabee base. All Camp Adventure employees are stu-

dents at the university who have received Navy-approved training for the previous six months.

Camp Adventure employees join the youth center's existing seven full-time staff members.

"The university has been doing this program for about 22 years and this year alone trained about 750 people to go out in the field and help run summer youth camps," Reid said. "The people sent to us have the equivalent training of what a one- to two-year employee would have—it's just phenomenal."

"We always hire eight extra people for the summer," Reid added. "With the limited employment resources (for this career field) following Hurricane Katrina, this is just the first time we've had to go outside of the Coast for employment, but we've been very pleased with the results."

Reid, who first learned about the university's program five years ago, said she started planning in late January to bring Camp Adventure to the Seabee base.

"When I contacted the university, they said they would send in the best of their best to help teach our kids who have been affected by

the hurricane," Reid said.

Following a one-week training and orientation program, the Camp Adventure team and the youth center staff launched the base's 10-week camp on May 30.

Each week is centered around a theme—such as Ice Age Escapades—that is filled with age-appropriate activities and lessons. Every Friday, camp members showcase what they've learned during a special presentation.

"The Camp Adventure team comes to the table with an amazing energy and excitement level," Reid said. "All of us—both the youth and the staff—are benefiting from the new perspective."

The students, who represent a cross section of majors, receive college credit as well as a salary for their work.

Sharon Hesse, a junior social-work major and director of the Gulfport Camp Adventure group, said this is her second year to participate in the program.

"It is an incredible experience to be able to see with your own eyes how people are living post-Katrina, to be able to help kids whose parents may not have back everything they've lost," Hesse said. "Every child has something to teach you—they are amazing."

The camp, which will continue through Aug. 4, is open to youth 5 to 12 years old.

Did you know NCBC's Youth Center was named No. 1 in the Navy for 2005?

SAC programs—one of the cornerstones of NCBC's Youth Activities Center—are age-appropriate child-care services for youth 5 to 12 years and enrolled in school.



These programs are designed to provide a variety of educational and recreational activities including arts and crafts, group games, field trips, guest speakers, volunteer projects, special events, and more. Specific programs include:

⇒ The **before-school program**, which is open from 0600 to 0800 Monday through Friday. Please note: a minimum of 15 participants is needed in order to offer the program.

⇒ The **after-school program**, which is open from 1400 to 1730 Monday through Friday.

⇒ **Holiday camps** and **Weeklong camps**.

"Our most popular program with both parents and kids is Power Hour, a homework/tutoring assistance program," said Youth Director Kimberly Reid. "In fact, it's the program that has earned us the Best Career and Education Program (in Mississippi) award for the last two years in a row." The award is presented annually by the Boys & Girls Clubs of America.

Transportation will be provided for youth attending selected schools in Gulfport and Long Beach. **Drop-in services** will be available for \$3 per hour per child as space is available.

At least three out of five school days constitutes a full week. Please note that no prorating is available for missed days.

Registration will begin in early July and will continue until all 70 spaces are filled. To register, stop by the youth center, located in Building 335. Parents will need to bring a copy of their current Leave Earning Statement and/or pay stub for gross household income verification as well as fill out a registration form. A copy of the Family Care Plan also will be needed for all single and dual active-duty personnel.

For more details including fees, call 871-2251. **The program will begin Aug. 3** and will follow the City of Gulfport's school-year calendar.

Proudly affiliated with the Boys & Girls Clubs of America.

Youth Activities Center

Flint Creek Water Town ➔ 1 July, 1800-2100, \$4
Fitness Authority Program ➔ 5 July, 1800-2100, free
Smores and More ➔ 6 July, 1800-2100, free
Pool Party ➔ 7 July, 1800-2100, \$3, CBC Pool
Summer Olympics ➔ 8 July, 1100-1600, \$2

Torch Club ➔ 11 July, 1800-2100, free
Street Smart ➔ 12 July, 1800-2100, free
Treasures Out of Sands ➔ 13 July, 1800-2100, free
Movie Night on the Big Screen ➔ 14 July, 1800-2100, \$1 for snacks
Challenge Country Ropes Course ➔ 15 July, 0800-1700, \$10

Hula Dance Night ➔ 18 July, 1800-2100, free
Fitness Authority ➔ 19 July, 1800-2100, free
Creative Art Night ➔ 20 July, 1800-2100, free
Hawaiian Luau and Barbecue ➔ 21 July, 1800-2100, \$2
Chuck E Cheese ➔ 22 July, 1100-1600, \$5



Kids Rule Night ➔ 25 July, 1800-2100, free
Street Smart ➔ 26 July, 1800-2100, free
Tiger Woods Start Something Program ➔ 27 July, 1800-2100, free
Fiddler of the Roof at Lynn Meadows Discovery Center ➔ 28 July, 1200-1700, \$2
Fishing and Picnic ➔ 29 July, 1000-1400, \$2, Seabee Lake



For more details, call 871-2251.

3-on-3 Basketball Tournament

Finals will end 25 July with a slam-dunk contest.

Games played Mondays and Tuesdays starting 10 July @ 1800.

Sign up 19 June-5 July at CBC Fitness Center.

More info? Call 871-2668.

DODGEBALL

tournament

fast action

super fun

Games will be played Thursdays starting 6 July @ 1800. Finals will be held 27 July.

Sign up 19 June-5 July at CBC Fitness Center.

Questions? Call 871-2668.

CBC Fitness Center

Dodge Ball Tournament ➔ Sign up through 5 July. Games will be on Thursdays at 1800 and 1930 starting 6 July; finals will be held 27 July.

Three-on-three Basketball Tournament ➔ Sign up through 5 July. Games will be Mondays and Tuesdays at 1800 and 1930 starting 10 July. Finals will end 25 July with a slam-dunk contest.

Texas Hold 'Em Tournament for Fun ➔ Registration, which is open to the first 32 players, will start 5 July; sign up at either the fitness center or Stinger's II Recreation Center. The tournament will start 28 July at 1830 at Stinger's II.



Captain's Cup 5K Run ➔ 19 July, 0630

Youth Orientation ➔ for all family members 10 to 15 years old who would like to use the fitness center. It takes about 30 minutes and covers proper form and technique for selectorized machines, how to set up cardio equipment, and general rules and regulations of the gymnasium. A parent is required to go through the orientation as well. To sign up, call 871-2668 or stop by the front desk.

Adult Orientation ➔ Every Thursday, 0800 and 1600, free. Topics include selectorize machines as well as cardio equipment. See one of our fitness assistants or front desk staff to schedule an appointment.



CFL Corner ➔ Looking for new ways to train your personnel? The fitness staff has designed circuit-training routines that have the tools necessary to give your troops a total body workout and cardio challenge. Let us train you to train them. For more information call Joan Hudson at 871-2353 or send an e-mail message to joan.hudson@navy.mil.

Certified Group Exercise Trainers/Instructors Needed ➔ Looking for extra cash? Into fitness? Like working with and helping people? Have a great attitude? CBC Fitness Center is looking for energetic individuals with an interest or background in fitness. Contact fitness coordinator Joan Hudson at 871-2353 or joan.hudson@navy.mil for more details.

For more information, call 871-2668 or stop by Building 361.

Liberty <<Single Sailor>> Program



Picture moss hanging on gnarled cypress trees as you travel into one of the wildest and most pristine river swamps in America—Honey Island. With tales of pirates and Big Foot sightings you'll be awed by the primitive beauty during the narrated nature tour into the 250-square-mile swamp.

—from www.honeyislandswamp.com

Honey Island, La., Swamp Tour ➔ 1 July, 1100, \$30 <includes lunch>

Foley/Gulf Shores, Ala. ➔ 4 July, 0900, \$5

Edgewater Mall and Cici's Pizza ➔ 5 July, 1730, \$5

Cool Pool Tournament ➔ 6 July, 1900, free, Stinger's II

Mississippi Braves vs. Mobile Bay Bears ➔ 7 July, 1730, \$10

Ship Island ➔ 8 July, 0800, \$15

National Sugar Cookie Day ➔ 9 July, all day, free, Stinger's II <while supplies last>

Root Beer Floats ➔ 11 July, 1200, free, Stinger's II <while supplies last>

Crossroads Plaza and Barnhill's ➔ 12 July, 1730, \$5

Cool Pool Tournament ➔ 13 July, 1900, free, Stinger's II

Pizza Night ➔ 14 July, 1900, free, Stinger's II

New Orleans French Quarter ➔ 15 July, 1000, \$5

National Ice Cream Day ➔ 16 July, 1300, \$1, Marble Slab Creamery

Ice Fishing ➔ 18 July, 1800, free, Stinger's II <involves ice water, feet and prizes>

Hardy Court and Cozumel's ➔ 19 July, 1730, \$5

Cool Pool Tournament ➔ 20 July, 1900, free, Stinger's II

Dog Days of Summer Pool Party ➔ 21 July, 1900, free, CBC Pool

Three Doors Down with Lynryd Skynryd and Shinedown ➔ 22 July, 1830, \$40, Mississippi Coast Coliseum

National Drive Through Day ➔ 24 July, all day. Sign up at Stinger's II for a chance to win fast-food gift certificates.

Frozen T-shirt Contest ➔ 25 July, 1200, free, Stinger's II

Prime Outlet and Choung's Garden ➔ 26 July, 1730, \$5

Cool Pool Tournament ➔ 27 July, 1900, free, Stinger's II

Texas Hold 'Em Tournament ➔ 28 July, 1800, free, Stinger's II

Last Chance to Buy in July: Alabama Flea Market Trip ➔ 29 July, 1000, \$5 <includes lunch>

Sign up for trips at Stinger's II Recreation Center. For more details, call 871-3153 or 323-2681. Stinger's II is located in the temporary building north of Fleet and Family Support Center.

Pine Bayou Golf Tournaments

Red, White and Blue ➔ 1 July, 0800
Hancock High School Football ➔ 15 July, 0900
Night ➔ 22 July, 1700
Katrina ➔ 29 August, 1300
<play the course backwards>
Club Championship ➔ 16-17 September, 0900, tee No. 1
Columbus Day ➔ 9 October, 0800
Magandy Memorial ➔ 14 October, 0800
Susan C. Breast Cancer Benefit ➔ 21 October, 0800
Battle of the Bars ➔ 28 October, 0800
Veterans Day ➔ 11 November, 0800
Holiday Classic ➔ 9 December, 0800

To reserve your place, call 871-2494.

CBC Community Pool



Open Swim ➔ 1100-1800, Friday-Wednesday <closed Thursday>

Adult Lap Swim/Command PT ➔ 0600-0800; Monday, Tuesday, Wednesday and Friday <1100-1300 by appointment>

Fees ➔ Active duty, reservists, retirees, family members: \$2 or one punch ➔ DoD, guests: \$3 or two punches ➔ Children 3 and younger: free <PT swim is free for active-duty personnel and activated reservists during designated PT swim times.>

Punch Cards ➔ 20 punches for \$27.50—a 25 percent savings

The pool is available for parties ➔ Monday, Tuesday, Friday, Saturday and Sunday from 1900 to 2200. For reservations or prices, call **871-2768**.

Clip and save!

MWR

Beehive Bar & Grill

GRILL HOURS

Monday-Friday

1100-1300



BAR HOURS

Saturday-Thursday

1500-2230

Friday

1300-0030



HOT picks

Red Beans and Rice

every Wednesday

\$4.75

Call 871-2538.



Lunch MENU

Large Hamburger Plate.....\$5.75

Large Hamburger\$4

Small Hamburger Plate.....\$4.75

Small Hamburger\$3

Chicken Plate.....\$4.75

Chicken Sandwich.....\$3

Kielbasa Sausage Plate.....\$4.75

Kielbasa Sausage.....\$3

Hot Dog Plate.....\$3.25

Hot Dog\$1.50

All plates come with two sides.

Check out our new salad bar large plate.....\$3.50

Extra dressing.....50 cents

Side salad.....\$1.50

Bowl of Chili.....\$2

Chili sandwich topping.....50 cents

Fourth of July Hours ➔ CBC Fitness Center, 0900-1700; Beehive Bar & Grill, 1700-until; Pine Bayou Golf Course, 0700-1800; and CBC Pool, 1100-1800. ITT and Stinger's II will open their regular hours. All other facilities will be closed.

Congratulations go to CM3 Leonard Branaman, Pat Hinton, Kari Hodgetts, BUCN Darelle McKinnon, Alesha Robison; Nicole Sasek, and 1st Lt. Vanessa Stolzoff; each won a free Chicken Sandwich Combo* from Chick-fil-A Gulfport. ➔ Every person on the eBuzz list automatically is entered into a monthly drawing for prizes. To join, e-mail michelle.fayard@navy.mil.

eBuzz Winners





*Includes medium fries and medium soft drink

go!



The only number you need for the latest recreation news

-871-4MWR

Messages updated weekly

Must ask for 777 Deal when ordering... Must purchase at least 3 Pizzas! Delivery charge may apply.

777 deal



3 OR MORE Large 1-Topping Pizzas for \$7 each

Call Your Local Domino's NOW! 4302 West Beach Blvd. 868-3600

Texas Hold 'Em fun TOURNAMENT

@ STINGER'S II REC CENTER

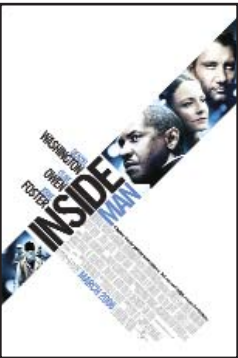
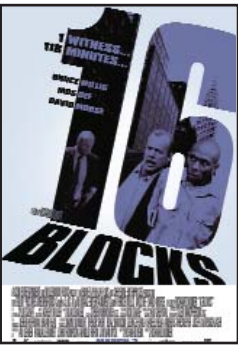
Sign ups begin 5 July at CBC Fitness Center and Stinger's II Rec Center.

Call 871-3153 or 871-2668.

Tourney starts 28 July @ 1830

Open to the first 32 players.





Smith Memorial Theater

... where movies are free every day . .

Saturday, 1 July

1200, The Wild (G, 85 mins)
1340, The Benchwarmers (PG-13, 85 mins)
1520, Just My Luck (PG-13, 103 mins)
1740, The Wild (G, 85 mins)
1920, Silent Hill (R, 125 mins)

Sunday, 2 July

1400, Just My Luck (PG-13, 103 mins)
1600, The Benchwarmers (PG-13, 85 mins)
1740, Silent Hill (R, 125 mins)

Monday, 3 July

1100, lunch movie

Tuesday, 4 July

1100, lunch movie

Wednesday, 5 July

1100, lunch movie

Thursday, 6 July

1100, lunch movie

Friday, 7 July

1100, Lunch movie
1700, The Wild (G, 85 mins)
1840, V for Vendetta (R, 132 mins)

Saturday, 8 July

1200, Silent Hill (R, 125 mins)
1410, Scary Movie 4 (PG-13, 83 mins)
1550, V for Vendetta (R, 132 mins)
1820, Larry the Cable Guy: Health Inspector (PG-13, 89 mins)
2000, 16 Blocks (PG, 102 mins)

Sunday, 9 July

1400, Scary Movie 4 (PG-13, 83 mins)
1540, Larry the Cable Guy: Health Inspector (PG-13, 89 mins)
1720, V for Vendetta (R, 132 mins)

Monday, 10 July

1100, lunch movie

Tuesday, 11 July

1100, lunch movie

Wednesday, 12 July

1100, lunch movie

Thursday, 13 July

1100, lunch movie

Friday, 14 July

1100, Lunch movie
1700, Thank You for Smoking (R, 92 mins)
1840, Slither (R, 96 mins)

Saturday, 15 July

1200, The Wild (G, 85 mins)
1340, Take the Lead (PG-13, 117 mins)
1550, Inside Man (R, 129 mins)
1810, 16 Blocks (PG-13, 102 mins)

Sunday, 16 July

1400, Lucky Number Slevin (R, 110 mins)
1600, The Sentinel (PG-13, 108 mins)
1800, Larry the Cable Guy: Health Inspector (PG-13, 89 mins)

Monday, 17 July

1100, lunch movie

Tuesday, 18 July

1100, lunch movie

Wednesday, 19 July

1100, lunch movie

Thursday, 20 July

1100, lunch movie

Friday, 21 July

1100, Lunch movie
1700, Slither (R, 96 mins)
1850, Inside Man (R, 129 mins)

Saturday, 22 July

1200, Just My Luck (PG-13, 103 mins)
1400, Lucky Number Slevin (R, 110 mins)

1600, The Sentinel (PG-13, 108 mins)

1800, Larry the Cable Guy: Health Inspector (PG-13, 89 mins)
1940, The Benchwarmers (PG-13, 85 mins)

Sunday, 23 July

1400, Scary Movie 4 (PG-13, 83 mins)
1540, 16 Blocks (PG-13, 102 mins)
1740, V for Vendetta (R, 132 mins)

Monday, 24 July

1100, lunch movie

Tuesday, 25 July

1100, lunch movie

Wednesday, 26 July

1100, lunch movie

Thursday, 27 July

1100, lunch movie

Friday, 28 July

1100, Lunch movie
1700, Thank You for Smoking (R, 92 mins)
1840, Silent Hill (R, 125 mins)

Saturday, 29 July

1200, The Wild (G, 85 mins)
1340, Slither (R, 96 mins)
1530, The Sentinel (PG-13, 108 mins)
1730, Thank You for Smoking (R, 92 mins)
1910, Take the Lead (PG-13, 117 mins)

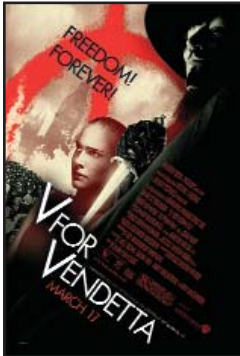
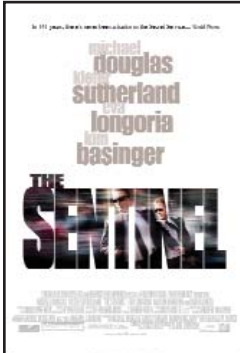
Sunday, 30 July

1400, Larry the Cable Guy: Health Inspector (PG-13, 89 mins)
1540, Silent Hill (R, 125 mins)
1800, The Benchwarmers (PG-13, 85 mins)

Monday, 31 July

1100, lunch movie

PLEASE NOTE: The theater is a multi-purpose facility, so the schedule is subject to change without notice. Please call 348-6480 for the latest titles.



Events @ Keesler AFB

Kids' Crafting Class, 8 July, 1100, \$10, Arts & Crafts Center. These summer-fun projects are designed for everyone in the family to enjoy. Children 7 and younger will need a parent's involvement. ➡ Annual Armed Services Division Rodeo, 14 July. Join the Gulf Coast fishing rodeo. Outdoor Recreation will give savings bonds for the largest fish caught daily. ➡ Strut Your Mutt Day, 21 July, Vandenberg Community Center. 0900-1200: vet clinic check ups. 1300-1600: parade of mutts. Contests: owner/dog look-a-like contest, ugliest dog, cutest dog, most unusual name, smallest dog, largest dog, stupid dog tricks, best dressed dog. Refreshments for pets and humans. Prizes awarded. ➡ July Fishing Tournament, all month. Weigh in the heaviest flounder at the Outdoor Recreation office and take home a \$100 savings bond. ➡ For more information, call 377-3181.

NEWS RELEASE

Commanding Officer
Attn: Marketing, Bldg. 160
Naval Station
2601E Paul Jones Street
Great Lakes, IL 60088

FOR IMMEDIATE RELEASE

Contact: Chris Mohr, NAVSTA, Great Lakes, MWR Marketing Branch Manager
•PHONE: (847) 688-2110, EXT. #162 •FAX: (847) 688-5794 •E-MAIL: chris.mohr@mwrgl.com

MWR Employees are Recognized for their “Top” Job Performance at NAVSTA, Great Lakes!

The Morale, Welfare and Recreation (MWR) Department’s employees and supervisors of NAVSTA, Great Lakes are making a major impact on the base with their “top” job performance, and hence are being recognized for their efforts. In the past 18 months, the following individuals (two employees and five supervisors) have been selected as NAVSTA’s Civilian of the Quarter:

Jim Horine - Club Manager

Jeff Makino - Bowling Center Manager

Gloria Pelletier - Food and Beverage Manager

Tiffany Johnson – Information, Tickets and Travel Manager

Laura Harris - Food Service Worker

Farley Gibson - Custodian

Judie Kaplan - Training and Curriculum Specialist

Additionally, Jim Horine (manager of the enlisted club) was a runner-up for NAVSTA’s 2004 “Civilian of the Year” in the supervisory category. This also led to his nomination for “best customer contact” in the employee category of the Chicago Region Federal Employee Board’s (FEB) – 2004 annual awards program, where he was

selected as one of the top three finalists. Following Horine's nominations, Gloria Pelletier (food and beverage manager) was ultimately chosen as NAVSTA's 2005 "Civilian of the Year" in the supervisory category. This award was followed by a subsequent nomination for the FEB's 2005 annual awards program in the supervisory category, where Pelletier placed in the top three finalists as well.

"MWR employees are doing remarkable things in support of the Navy's mission at Great Lakes," said Dan Kondziela, MWR's business division director. "Their efforts towards building participation in recreational programs and supporting sailor's needs on a daily basis are being recognized," expressed Kondziela.

-END-

Navy MWR Fitness Campaign
Plan of the Day Notes

POD Note #1

Fitness for Life - Exercise Your Options

Strength training provides the most fitness benefits when you adopt it as a regular activity in your daily life. Consider the following tips for maintaining your strength training program:

- Vary your strength training routine. After engaging in strength training for a few weeks, try alternating muscle groups or adding additional activity components.
- Exercise with friends or family to provide encouragement to each other.
- Keep a journal of your strength training activities to track your progress.

For more information on how you can exercise your options and become physically fit, see your Navy Morale, Welfare and Recreation (MWR) fitness professional.

POD Note #2

Fitness for Life - Exercise Your Options

Although strength training can be valuable by itself, you can gain even more benefit from an overall physical activity program that also includes the following activities:

- Endurance aerobic activities: These activities should be of at least moderate intensity and increase your heart rate and breathing for extended periods of time. They can help improve your stamina for daily tasks and can help improve the health of the heart and circulatory system. Examples include walking at a brisk pace, bicycling and dancing.
- Stretching activities: These activities help keep your body limber and flexible by stretching muscles and the tissues that hold the muscles in place.

For more information on how you can exercise your options and become physically fit, see your Navy Morale, Welfare and Recreation (MWR) fitness professional.

POD Note #3

Fitness for Life - Exercise Your Options

As people age, they lose muscle tissue. Strengthening exercises can build muscle tissue and help slow the rate of age-related loss. Strengthening exercises may also be called resistance training, weight training or strength training. In addition to building muscles, strength training can promote mobility, improve

health-related fitness and strengthen bones. For more information on how you can exercise your options and become physically fit, see your Navy Morale, Welfare and Recreation (MWR) fitness professional.

POD Note #4

Fitness for Life - Exercise Your Options

Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits and medications. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week. For more information on how you can exercise your options and become physically fit, see your Navy Morale, Welfare and Recreation (MWR) fitness professional.

POD Note #5

Fitness for Life - Exercise Your Options

Despite the proven benefits of physical activity, more than 50 percent of American adults do not get enough physical activity to provide health benefits, and 25 percent of adults are not active at all in their leisure time. Get started today! For more information on how you can exercise your options and become physically fit, see your Navy Morale, Welfare and Recreation (MWR) fitness professional.

POD Note #6

Fitness for Life - Exercise Your Options

Regular physical activity can improve your health and reduce the risk of premature death. It also reduces the risk of developing coronary heart disease, high blood pressure and colon cancer, and helps build and maintain healthy bones, muscles and joints. Get started today! For more information on how you can exercise your options and become physically fit, see your Navy Morale, Welfare and Recreation (MWR) fitness professional.

POD Note #7

Fitness for Life - Exercise Your Options

Fitness for Life - Exercise Your Options Use a sensible approach in your physical fitness program by starting out slowly. Begin by choosing moderate-intensity activities you enjoy the most. By choosing activities you enjoy, you'll be more likely to stick with them. Get started today! For more information on how you can exercise your options and become physically fit, see your Navy Morale, Welfare and Recreation (MWR) fitness professional.

POD Note #8

Fitness for Life - Exercise Your Options

Physical activity, along with a healthy diet, plays an important role in the prevention of overweight and obesity. In order to maintain a stable weight, a person needs to expend the same amount of calories as he or she consumes. *The Dietary Guidelines for Americans 2005* offers the following example of the balance between consuming and using calories: If you eat 100 more food calories a day than you burn, you'll gain about one pound in a month. That's about 10 pounds in a year. The bottom line is that to lose weight, it's important to reduce calories and increase physical activity. For more information on how you can exercise your options and become physically fit, see your Navy Morale, Welfare and Recreation (MWR) fitness professional.

POD Note #9

Fitness for Life - Exercise Your Options

Regular physical activity along with a nutritious diet is the key to maintaining a healthy weight. Although overweight and obesity are caused by many factors, in most individuals, weight gain results from a combination of excess calorie consumption and inadequate physical activity.

While vigorous exercise uses calories at a higher rate, any physical activity will burn calories. For example, a 140-pound person can burn 175 calories in 30 minutes of moderate bicycling, and 322 calories in 30 minutes of moderate jogging. The same person can also burn 105 calories by vacuuming or raking leaves for the same amount of time.

For more information on how you can exercise your options and become physically fit, see your Navy Morale, Welfare and Recreation (MWR) fitness professional.

POD Note #10

Fitness for Life - Exercise Your Options

Because physical inactivity is a risk factor for many diseases and conditions, making physical activity an integral part of daily life is crucial. Physical activity need not be strenuous to be beneficial. People of all ages benefit from moderate physical activity, such as 30 minutes of walking five or more times a week. In addition, physical activity does not need to be sustained for long periods of time in order to provide health benefits. Repeated shorter bursts of moderate-intensity activity also yield health benefits. In other words, walking in two 15-minute segments or three 10-minute segments is beneficial. For more information on how you can exercise your options and become physically fit, see your Navy Morale, Welfare and Recreation (MWR) fitness professional.

POD Note #11

Fitness for Life - Exercise Your Options

Becoming healthier isn't just about eating healthy - it's also about physical activity. Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in as food with the calories you expend each day. Be physically active, at a moderate intensity for at least 30 minutes most days of the week. Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight. For more information on how you can exercise your options and become physically fit, see your Navy Morale, Welfare and Recreation (MWR) fitness professional.

POD Note #12

Fitness for Life - Exercise Your Options

There is a right number of calories for you to eat each day. This number depends on your age, activity level, and whether you are trying to gain, maintain or lose weight. You could use up the entire amount on a few high-calorie foods, but chances are, you won't get the full range of vitamins and nutrients your body needs to be healthy.

Choose the most nutritionally rich foods you can from each food group each day - those packed with vitamins, minerals, fiber, and other nutrients, but lower in calories. Pick foods like fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products more often.

For more information about food choices and appropriate calories, visit www.MyPyramid.gov. For more information on how you can exercise your options and become physically fit, see your Navy Morale, Welfare and Recreation (MWR) fitness professional.

POD Note #13Fitness for Life - Exercise Your Options

Remember to be realistic about your fitness goals. If you try to reduce the calories, fat, saturated fat, and sugar in your diet and promise to make a drastic change in your physical activity level, you may be setting yourself up for failure. Instead of trying to make many changes at once, set smaller, more realistic goals for yourself and add a new challenge each week. For more information on how you can exercise your options and become physically fit, see your Navy Morale, Welfare and Recreation (MWR) fitness professional.

POD Note #14Fitness for Life - Exercise Your Options

Sailors who want to improve their physical fitness to develop a healthy lifestyle or to meet Physical Readiness Program standards have a variety of Navy Morale, Welfare and Recreation (MWR) sponsored programs at their disposal, including group exercise classes, fitness orientations, and fitness centers with state-of-the-art strength training and cardio equipment, to name a few. For more information on how you can exercise your options and become physically fit, see your Navy MWR fitness professional.

POD Note #15Fitness for Life - Exercise Your Options

Each day, plan some time to do what you can to improve your fitness. Walk around the block, do some push-ups, play Frisbee with your children, or go for a bike ride. When it comes to physical fitness, everything counts except standing still. For more information on how you can exercise your options and become physically fit, see your Navy MWR fitness professional.

POD Note #16Fitness for Life - Exercise Your Options

Physical fitness is a state of being that must be maintained. You have to specifically exercise the muscles and joints where you want improvement. Physical fitness is achievable by everyone, despite body type, family health history and past habits. For more information on how you can exercise your options and become physically fit, see your Navy MWR fitness professional.

POD Note #17Fitness for Life - Exercise Your Options

Research has proven that individuals who engage in some form of physical activity are likely to live longer and healthier lives. Even moderate caloric expenditure from physical activity has a significant impact on longevity. A physically active person with risk factors such as hypertension, diabetes and even a smoking habit can derive significant gains from incorporating regular physical activity into their daily activities. Regular physical activity is also likely to help modify a number of risk factors. Additionally, regular exercise is associated with reduction in blood pressure, improved glucose regulation, promotion of better lipid profiles, and stronger bones. For more information on how you can exercise your options and become physically fit, see your Navy MWR fitness professional.

POD Note #18

Fitness for Life - Exercise Your Options

Using free weights as part of an exercise program can be a safe and effective means of improving strength and fitness for people of all ages and fitness levels. They provide a stimulus for muscle-fitness development, which can increase the amount of calories you burn, increase muscle size, enhance muscle strength, power and endurance, and increase bone strength. Increased muscle strength can also have a positive impact on quality of life for older adults. For more information on exercising with free weights, see your Navy MWR fitness professional.

POD Note #19

Fitness for Life - Exercise Your Options

There are three principal components to a complete physical fitness program: aerobic exercise, strength training, and flexibility training. It's not essential that all three components be performed during the same workout session. Commitment to a regular physical activity program is more important than intensity of the workouts, so choose exercises that you enjoy and are likely to pursue. If your schedule is tight, remember that it's better to exercise for a shorter period of time than not at all. For more information on how you can exercise your options and become physically fit, see your Navy MWR fitness professional.

POD Note #20

Fitness for Life - Exercise Your Options

If you tend to skip meals in an attempt to save calories, you may be robbing yourself of important fuel for your workout. Skipping meals can also leave you feeling tired, irritable and unfocused. Tips to help you keep your motivation to exercise:

- Have a glass of juice to boost your energy before a morning workout.
- Eat a breakfast that includes whole grains, and fruit or fruit juice.
- Eat several small meals and snacks during the day to maintain your blood sugar.
- Make sure to have a light, healthy snack an hour before your noon or after-work workout.
- Stay hydrated by keeping a water bottle at your desk at work.
- Limit - or eliminate - the amount of caffeine in your diet.

For more information on how you can exercise your options and become physically fit, see your Navy MWR fitness professional.

POD Note #21

Fitness for Life - Exercise Your Options

One key to staying motivated to exercise is to keep the amount of sugar in your blood, which affects your energy level, stable to prevent ups and downs. You can best do that by eating as many as five or six small meals throughout the day that include complex carbohydrates, such as whole grain breads, beans and other vegetables, whole grain crackers and fruit. For more information on how you can exercise your options and become physically fit, see your Navy MWR fitness professional.

POD Note #22

Fitness for Life - Exercise Your Options

If you're tired of your workout routine, you may want to try cross training as a way to add variety to your exercise program. A balanced weekly cross training program might include:

- 30 minutes of aerobic exercises three times a week, alternating activities such as walking, swimming and stair climbing
- 30 minutes of strength training twice a week (not on consecutive days), working each major muscle group
- 5 to 10 minutes of stretching every day

By adding cross training to your exercise routine, you can also reduce the risk of injury because the same muscles, bones and joints are not continuously subjected to the stresses of the same injury. For more information on how you can exercise your options and become physically fit, see your Navy MWR fitness professional.

POD Note #23

Fitness for Life - Exercise Your Options

If the thought of doing the same old exercises every day keeps you from starting an exercise program, cross training may be the answer. Cross training simply means that you include a variety of activities in your fitness program. For example, you could alternate jogging and swimming during the week, and play a game of tennis on the weekend. All three are aerobic activities and use similar muscles, but in different ways. For more information on how you can exercise your options and become physically fit, see your Navy MWR fitness professional.

POD Note #24

Fitness for Life - Exercise Your Options

If you want to lose fat or change your body, a strength training program, along with proper nutrition and cardio training, can help you reach your goal. Lifting weights can:

- Help raise your metabolism. Muscle burns more calories than fat, so the more muscle you have, the more calories you'll burn all day long.
- Strengthen bones, which is especially important for women
- Make you stronger and increase muscular endurance
- Help you avoid injuries
- Increase your confidence and self-esteem
- Improve coordination and balance

For more information on strength training and how you can become physically fit, see your Navy MWR fitness professional.

POD Note #25

Fitness for Life - Exercise Your Options

Walking at a moderate pace for 30-60 minutes burns stored fat and can build muscle to speed up your metabolism. Walking an hour a day is also associated with cutting your risk of heart disease, breast cancer, colon cancer, diabetes and stroke. For more information on how you can exercise your options and become physically fit, see your Navy MWR fitness professional.

NAVY BALL REIMBURSEMENT PROGRAM. This program provides payment to local commands to reimburse local MWR nonappropriated funds used to enhance one annual installation-wide celebration, e.g., Navy Birthday Ball, Submarine Ball, SEABEE Ball, etc. Reimbursement is limited to the purchase of such items as entertainment and decorations (e.g., table flower arrangements and small mementos [with maximum cost of \$5.00 each]). An MWR staff member must be part of the Navy Ball committee. Number of actual attendees determines the reimbursement amount.

The amount of MWR NAF support authorized for 2006-2007 Navy Balls is limited to:

- (a) \$1,700 for an event with 250 or fewer attendees;
- (b) \$2,350 for an event with 251 - 500 attendees; and
- (c) \$3,000 for an event with more than 500 attendees.

For further information, contact Robin Hillyer Miles at robin.hillyermiles@navy.mil or (901) 874-6625/DSN 882.

Mail requests (including date and location of ball, detailed expense listing, number of attendees of FY06 and FY07 balls, and fund to be reimbursed) to:

ROBIN HILLYER MILES N2552
NAVY BALL REIMBURSEMENT PROGRAM
CNIC MILLINGTON DETACHMENT
5720 INTEGRITY DRIVE BLDG 457 3RD FLOOR
MILLINGTON TN 38055-6500

Navy Community Support Programs Photo Contest

The CNIC Marketing and Multimedia Development Branch (N255) will sponsor three Navywide photo contests in August, September and October. The winner of each month's contest will receive a \$1,000 NAF grant for their region. These contests are voluntary, but if a region chooses to participate they will receive a digital camera kit to use during the contests. (The camera may be kept after the contest if certain minimum requirements are met.)* Those regions interested in participating in the contest should contact Jay Whiteside via e-mail at jay.whiteside1@navy.mil. All photo contest entries must be submitted by the regions.

The following contest rules are divided into two categories; one covers the basic photography rules and the other the technical aspects of the digital images.

Contest Rules

1. There are three separate contests for the months of August, September and October.
2. Each contest will have six Community Support Program categories; one category is mandatory and the other five are optional. Each region must submit photographs in a minimum of four categories. The categories will change each month.
3. No more than five photographs can be submitted in each of the four required categories.
4. Photographs must be taken during the contest month.
5. Photographs that violate or infringe upon another person's copyright cannot be submitted.
6. Release forms and caption data sheets must be filled out completely and accompany the submission. These forms along with the contest rules can be downloaded from <http://www.mwr.navy.mil/marketing/photocontest2006.doc>
7. N255 will judge the contest.
8. All photographs submitted become the property of N255. Disks will not be returned, and photographs may be used in multimedia products that promote Navy Community Support Programs.
9. Mail your CD-ROM, release forms and caption data sheets to Jay Whiteside (N2554), Commander, Navy Installations Command, 5720 Integrity Drive, Millington, TN 38055-6580. Overnight delivery address is Jay Whiteside (N2554), Commander, Navy Installations Command, Lassen Building 457, 7736 Kittyhawk St., Millington, TN 38055-6580.
10. Submission deadlines are the 15th of the month following the contest month.
11. Contest winners will be announced by December 31, 2006.

Categories:

August: Family Fitness
 Summer Youth Activities
 Outdoor Recreation

Golf
Food
Beaches/Marinas/Campgrounds/RV Parks

September: Labor Day Liberty Activities
Navy Sports/Intramurals
Fitness
Aquatics
Movies/Premiere
Navy Entertainment

October: Child and Youth Halloween Activities
Libraries
ITT
Auto Skills
Liberty Centers
CDC

Technical Details

Photographs can be taken with any camera, digital or film**, but must meet the following technical specifications.

1. Images must be in digital format and submitted on a CD-ROM.
2. Images must be in either JPEG or TIFF format.
3. Images must be 5 mega-pixel resolution*** or higher.
4. Cropped photos are eligible in all categories. Minor adjustments, including contrast and slight color adjustment, are acceptable.
5. N255 reserves the right to disqualify any photograph not meeting any of the stated contest rules.

* Regions must meet the minimum photograph submissions for each contest month.

** Film must be scanned into a digital file that meets the minimum resolution requirements.

*** The image size of the photograph must measure a minimum of 2560 x 1920 pixels at 300 dpi at its native resolution. Digital cameras used must be capable of 5 mega-pixels or higher resolution.

Commander, Navy Installations Command (CNIC)
Navy Community Support Programs Marketing and Multimedia Development Branch

Photo Authorization, Release and Agreement

I, _____, hereby give and grant to the United States Navy, (hereinafter referred to as "Navy"), and those acting with and under their permission to photograph me through electronic and film based still photographs to record my performance. To use, reuse, publish, republish, display and copyright any such photographs in which I may be included (hereinafter referred to as "MEDIA") in whole or in part, composite or distorted, in character or form, all without restriction as to changes or alterations in the MEDIA whether previous, concurrent or subsequent to the date of this Agreement. To produce or reproduce thereof, for any non-profit use of the media for any purpose whatsoever, including, but not limited to, advertising, publicity, informational or training purposes. I understand that any publicity that I might receive as a result of the first use of my name or likeness shall be adequate consideration for this authorization.

I hereby waive any right that I may have to inspect or approve the MEDIA or the materials to which they may be incorporated or any use whatsoever with which they may be associated.

I hereby release and discharge the Navy from any liability by virtue of any blurring, distortion, alteration, optical illusion, or use in composite form, whether intentional or otherwise, that may exist in the MEDIA or in any publications thereof.

I understand and agree that this Authorization, Release and Agreement shall be effective forever from the date hereof and shall be applicable throughout the world.

I hereby warrant that I am full age* and have every right to contract in my own name in execution of this Authorization, Release and Agreement. I state further that I have read this Authorization, Release and Agreement in its entirety prior to my execution hereof, and that I am fully familiar with an in agreement with the contents hereof.

BY: Name: _____
 Address: _____
 Signature: _____ Date: _____

*I hereby certify that I am eighteen years of age or over. (If not eighteen years old or over, this release must be signed by a parent or guardian.)

Caption Data Sheet

Title of Entry:

Category:

Name of Photographer:

Date photograph was taken:

Location of photograph (to include base name):

Full Name(s) and Rank/Rate(s) of main subjects:

Description of Action (within photograph):